

Full Report (All Nutrients) 01169, Cheese, low-sodium, cheddar or colby

Report Date: July 09, 2017 12:46 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, diced 132g	1 cup, shredded 113g	1 oz 28.35g	1 cubic inch 17g	1 slice (1 oz) 28g
Proximates									
Water	g	38.98	--	--	51.45	44.05	11.05	6.63	10.91
Energy	kcal	398	--	--	525	450	113	68	111
Energy	kJ	1666	--	--	2199	1883	472	283	466
Protein	g	24.35	62	0.256	32.14	27.52	6.90	4.14	6.82
Total lipid (fat)	g	32.62	138	0.207	43.06	36.86	9.25	5.55	9.13
Ash	g	2.13	--	--	2.81	2.41	0.60	0.36	0.60
Carbohydrate, by difference	g	1.91	--	--	2.52	2.16	0.54	0.32	0.53
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.49	--	--	0.65	0.55	0.14	0.08	0.14
Minerals									
Calcium, Ca	mg	703	49	9.478	928	794	199	120	197
Iron, Fe	mg	0.72	14	0.036	0.95	0.81	0.20	0.12	0.20
Magnesium, Mg	mg	27	37	0.873	36	31	8	5	8
Phosphorus, P	mg	484	35	9.869	639	547	137	82	136
Potassium, K	mg	112	76	8.332	148	127	32	19	31
Sodium, Na	mg	21	--	--	28	24	6	4	6
Zinc, Zn	mg	3.09	15	0.101	4.08	3.49	0.88	0.53	0.87
Copper, Cu	mg	0.036	--	--	0.048	0.041	0.010	0.006	0.010
Manganese, Mn	mg	0.011	--	--	0.015	0.012	0.003	0.002	0.003
Selenium, Se	µg	14.5	--	--	19.1	16.4	4.1	2.5	4.1
Fluoride, F ¹	µg	34.9	1	--	46.1	39.4	9.9	5.9	9.8

Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, diced 132g	1 cup, shredded 113g	1 oz 28.35g	1 cubic inch 17g	1 slice (1 oz) 28g
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.021	26	0.002	0.028	0.024	0.006	0.004	0.006
Riboflavin	mg	0.375	38	0.013	0.495	0.424	0.106	0.064	0.105
Niacin	mg	0.086	61	0.012	0.114	0.097	0.024	0.015	0.024
Pantothenic acid	mg	0.311	39	0.019	0.411	0.351	0.088	0.053	0.087
Vitamin B-6	mg	0.076	88	0.012	0.100	0.086	0.022	0.013	0.021
Folate, total	µg	18	13	1.459	24	20	5	3	5
Folic acid	µg	0	--	--	0	0	0	0	0
Folate, food	µg	18	13	1.459	24	20	5	3	5
Folate, DFE	µg	18	--	--	24	20	5	3	5
Choline, total	mg	15.4	--	--	20.3	17.4	4.4	2.6	4.3
Vitamin B-12	µg	0.83	28	0.047	1.10	0.94	0.24	0.14	0.23
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	264	--	--	348	298	75	45	74
Retinol	µg	257	--	--	339	290	73	44	72
Carotene, beta	µg	84	--	--	111	95	24	14	24
Carotene, alpha	µg	0	--	--	0	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0
Vitamin A, IU	IU	996	--	--	1315	1125	282	169	279
Lycopene	µg	0	--	--	0	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.28	--	--	0.37	0.32	0.08	0.05	0.08
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.6	--	--	0.8	0.7	0.2	0.1	0.2
Vitamin D3 (cholecalciferol)	µg	0.6	--	--	0.8	0.7	0.2	0.1	0.2
Vitamin D	IU	24	--	--	32	27	7	4	7
Vitamin K (phylloquinone)	µg	2.7	--	--	3.6	3.1	0.8	0.5	0.8
Lipids									
Fatty acids, total saturated	g	20.768	--	--	27.414	23.468	5.888	3.531	5.815
4:0	g	1.079	--	--	1.424	1.219	0.306	0.183	0.302
6:0	g	0.546	--	--	0.721	0.617	0.155	0.093	0.153
8:0	g	0.288	--	--	0.380	0.325	0.082	0.049	0.081
10:0	g	0.619	--	--	0.817	0.699	0.175	0.105	0.173

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12:0	g	0.558	--	--	0.737	0.631	0.158	0.095	0.156	
14:0	g	3.435	--	--	4.534	3.882	0.974	0.584	0.962	
16:0	g	10.111	--	--	13.347	11.425	2.866	1.719	2.831	
18:0	g	4.133	--	--	5.456	4.670	1.172	0.703	1.157	
Fatty acids, total monounsaturated	g	9.189	--	--	12.129	10.384	2.605	1.562	2.573	
16:1 undifferentiated	g	1.036	--	--	1.368	1.171	0.294	0.176	0.290	
18:1 undifferentiated	g	8.153	--	--	10.762	9.213	2.311	1.386	2.283	
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	
Fatty acids, total polyunsaturated	g	0.972	--	--	1.283	1.098	0.276	0.165	0.272	
18:2 undifferentiated	g	0.595	--	--	0.785	0.672	0.169	0.101	0.167	
18:3 undifferentiated	g	0.376	--	--	0.496	0.425	0.107	0.064	0.105	
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	
Cholesterol	mg	100	13	1.687	132	113	28	17	28	
Amino Acids										
Tryptophan	g	0.286	--	--	0.378	0.323	0.081	0.049	0.080	
Threonine	g	0.798	--	--	1.053	0.902	0.226	0.136	0.223	
Isoleucine	g	1.389	--	--	1.833	1.570	0.394	0.236	0.389	
Leucine	g	2.145	--	--	2.831	2.424	0.608	0.365	0.601	
Lysine	g	1.866	--	--	2.463	2.109	0.529	0.317	0.522	
Methionine	g	0.588	--	--	0.776	0.664	0.167	0.100	0.165	
Cystine	g	0.111	--	--	0.147	0.125	0.031	0.019	0.031	
Phenylalanine	g	1.179	--	--	1.556	1.332	0.334	0.200	0.330	
Tyrosine	g	1.080	--	--	1.426	1.220	0.306	0.184	0.302	
Valine	g	1.496	--	--	1.975	1.690	0.424	0.254	0.419	
Arginine	g	0.847	--	--	1.118	0.957	0.240	0.144	0.237	
Histidine	g	0.786	--	--	1.038	0.888	0.223	0.134	0.220	
Alanine	g	0.633	--	--	0.836	0.715	0.179	0.108	0.177	
Aspartic acid	g	1.439	--	--	1.899	1.626	0.408	0.245	0.403	

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Glutamic acid	g	5.480	--	--	7.234	6.192	1.554	0.932	1.534
Glycine	g	0.385	--	--	0.508	0.435	0.109	0.065	0.108
Proline	g	2.526	--	--	3.334	2.854	0.716	0.429	0.707
Serine	g	1.309	--	--	1.728	1.479	0.371	0.223	0.367
Other									
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4b, 2001 Beltsville MD